

60 Second Neck Toner (NECK2)



The Gym For Your Chin

Version 1.1

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60 Second Neck Toner (NECK2)

- Three 60 second programmes for toning the whole neck and chin area.
- Target tone the 'double chin' alone in just 60 seconds a day.
- Feel the effect after just one use and see the results in just a few days.
- Uses advanced EMS (Electrical-Muscle-Stimulation) to exercise the supporting muscles and increase circulation.



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How Does Advanced Electrical Muscle Stimulation (EMS) Work?

EMS uses small electrical impulses to stimulate your muscles in a process known as passive exercise.

- Lifts, firms and tones the skin
- Variable power intensity
- Three toning programmes
- Battery operated



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HOW TO USE

Before you begin treatment, it is important to do a patch test on an inconspicuous area of your skin for possible skin reaction. Wait 24 hours to see if any irritation occurs.

To use apply a generous amount of conductive gel to each of the gold contacts and place in one of just three positions. Turn on and the toning action will begin. You have total control easily increasing or decreasing the intensity while feeling the muscles contracting and relaxing in a rhythmic toning workout.



We recommend using the 60 Second Neck Toner™ for a maximum of 60 seconds on any one treatment area and for just 3 minutes in total per session.



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TREATMENT AREAS

AREA 1

Place the unit underneath your chin. You can adjust the positioning slightly to give the strongest muscle contractions. Hold the unit in position for 60 seconds.

AREA 2

Place the unit underneath your chin, and to the left, near to where you feel your pulse point. Again, adjust the positioning for the strongest muscle contractions. Hold the unit in position for 60 seconds.

AREA 3

Place the unit underneath your chin, and to the right, near to where you feel your pulse point. Again, adjust the positioning for the strongest muscle contractions. Hold the unit in position for 60 seconds.



PROGRAMMES 60 Second Neck Toner (NECK2)

The Rio® 60 Second Neck Toner™ has three exercise programmes. Best results are achieved by varying the programme used. We recommend using Programme 1 on one day, followed by Programme 2 on the second day, followed by Programme 3 on the third day, and so on.

1. FIRMING PROGRAMME

Rhythmic muscle contractions to condition muscles with a short interval between each pulse. The muscle contraction lasts for 2 seconds followed by a 3 second pause.

2. EXTENDED FIRMING PROGRAMME

This offers an extended muscle contraction with pre-programmed varying intensity to maximise the work-out. The extended contraction lasts for 9 seconds followed by a 4 second pause.

3. TAP TONING PROGRAMME

Rapid stimulation to simulate deep massaging action. The pulsing massage action lasts for 5 seconds followed by a 3 second pause.

To begin with the pulses give a mild tingling sensation and as the intensity is increased you will start to notice muscle contractions. NOTE: Power can only be increased during the contraction time. The muscle contractions are smooth and each contraction will start with a slow rise, hold itself in a contracted position for a few seconds and then gently relax.



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Contents:

- 60 Second Neck Toner
- 1 x Tube of Conductive Gel
- Product Stand
- 1 x PP3 9V Battery

- **Power Levels:** 17
- **Program Time:** 20 mins
- **Treatment Time:** 60 secs
- **Output level:** EMS
- **Packed Product Dimensions:** (height x width x depth) 164 x 158 x 111 mm
- **Un-packed Product Dimensions:** (height x width x depth) 161 x 54 x 35 mm
- **AC/DC Adaptor:** No
- **Battery Operated/type:** Yes PP3
- **Packed Weight (Kg):** 0.271
- **Product Net Weight (Kg):** 0.06
- **Manufacturer's Guarantee:** 2 years
- **Barcode:** 5019487083340

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